



TENAFLY SENIOR CENTER

Leisure & Learning for Individuals 55 and Over

20 South Summit Street, Tenafly, NJ 07670

201-569-2159

Center Hours: Monday through Friday—8:30 am to 3:30 pm
Rebecca Stauffer, Acting Director Sherry Sawh, Senior Center Assistant

August 2016

AUGUST LUNCHEON

Thursday, August 11th at 12:30pm

Lunch will be a delicious quesadilla with your choice of ground beef, grilled chicken, pulled pork or grilled veggies from Tito's Burritos & Tacos in Ridgewood. Our entertainment will be a dancer performing various styles of Hawaiian Hula/Tahitian dances with authentic props from Hawaii. Cost: \$12.00

PBA PICNIC FOR

TENAFLY RESIDENTS 55 & OLDER

Friday, August 12th from 4:00 pm to 6:00pm

The Tenafly PBA will once again hold its annual picnic at the Center for Tenafly Residents 55 and older. Preregistration is necessary. We look forward to having you come to meet the local police, spend time with your neighbors, and enjoy a fantastic barbeque.

"ANCIENT OLYMPICS" PRESENTATION BY MICHAEL NORRIS

Tuesday, August 16th at 1:00 pm

The original Olympic Games, dedicated to Zeus, the king of the Greeks' gods, at his sanctuary at Olympia, Greece, started in 776 B.C. and occurred every four years for nearly 1200 years. This talk will focus on a typical ancient Olympic Game, which lasted five days and included chariot and horse races, foot races, and combat events, such as boxing and wrestling. The talk concludes with the beginning of the modern Olympics in Athens in 1896 to see how much it reflected the ancient festival. Come and enjoy this very interesting presentation by Michael Norris.

"KEEPING WHAT MATTERS MOST" PRESENTATION Thursday, August 18th at 1:00 pm

Where do you begin to declutter? What should I keep or throw out? In this presentation, Annette Masaryk from Tranquil Transitions Company, will be speaking to you about rightsizing your home. She will advise you on all areas as well as play a special game that she has for the group.

"THE WIT & WISDOM OF AMERICAN HUMORISTS: MARK TWAIN, WILL ROGERS, GILDA RADNER & LILLY TOMLIN" PRESENTATION

Friday, August 19th at 1:30 pm

Dumont Historian Dick Burnon to present a video/lecture, titled "The Lives and Times of American Humorists Mark Twain, Will Rogers, Gilda Radner, and Lily Tomlin".

"HEALTHY AGING" PRESENTATION

sponsored by Brightview Senior Living-Tenafly
Thursday, August 25th at 1:00 pm

Brightview Senior Living in Tenafly will be hosting a presentation for the community at The Tenafly Senior Center. Executive Director Toni Musto along with Health Services Director Maryana Kupriyenko, RN, CDP will be presenting topics relating to healthy aging; such as nutrition, cognitive stimulation, exercise, and medication management.

NEW FALL CLASS REGISTRATION!!!

BEGINNER'S TAP WITH JEAN

Beginning Tuesday, September 13th at 2 pm

Former Radio City Rockette Jean Martin will be teaching beginner's tap to those who would love to learn! \$50.00 for a 10 week series and we must have a minimum of 15 students for this class. Must preregister no later than September 6th.

DISCUSSION/SUPPORT GROUP FOR SENIORWOMEN

Beginning Monday, September 12th at 2 pm

Group leader Doris Hirsch will explore life experiences and discuss such topics as family, careers, health issues and so much more for senior women! This group will be built on confidentiality and honesty with no criticisms. There is a \$50.00 charge to attend this 6 week discussion/support group. We must have a minimum of 6 participants and a maximum of 12 for this group. Must preregister no later than September 6th.

INTERMEDIATE ITALIAN WITH GIOVANNA

Begins Thursday, September 8th at 1:00 pm

For those who have taken the beginner's Italian or for those who have a beginner's knowledge of Italian. Giovanna teaches Italian in a conversational way introducing words, phrases, patterns of speech in a structured setting. We have fun and that's what language learning should be. Giovanna has over 20 years experience and has taught at Montclair State, Lehman College and Queens College. You must pre-register for this class.

ITALIAN WITH GIOVANNA

Begins Thursday, September 8th at 3:00 pm

This course is for those who have an intermediate to advanced knowledge of Italian. Classes are conducted in Italian. Readings range from intermediate to challenging. Cultural references are sprinkled throughout. Friendships are made, memories are shared, and a good time is had by all. Giovanna has over 20 years experience and has taught at Montclair State, Lehman College and Queens College. You must pre-register for this class.

FITNESS SENIOR STYLE WITH RICHARD PORTUGAL

Thursday, September 8th at 1:00 pm

Remember when your strength, balance, coordination and mental acuity were second nature? Come to our lecture and allow our simple exercises to instill your body and mind with renewed energy, purpose and clarity. Revitalize yourself and your mind and body will thank you! You must pre-register. First 20 people only!

**Don't forget to register for new and returning classes
in September!**

**Register early to reserve your spot in the class
you want!**



August

Tenaflly Senior Center ~ 20 South Summit

Monday	Tuesday	Wednesday
<p>1 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Deidre* 10 to 12—BLOOD PRESSURE ASSESSMENT* 10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim* 10 to 3—Bridge 11:00—Exercise w/Susan* 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts</p>	<p>2 9:10—Chair Yoga 9:30—ABCs of Watercolor* 10:00—Beginner's Chinese* 10:00—Tuesday Tai Chi 11:00—Mind and Body* 11:15—Beginner's Spanish* 1:00—Learning Mahjong w/Ming* 1:00—Canasta</p> <p>TRIP TO TROPICANA-ATLANTIC CITY</p>	<p>3 9:30—Qi Gong/Tai Chi w/Johanna* 10 to 3—All Day Bridge 11:30—Zumba Gold w/Bernadette* 1:00—Hearts and Hands with Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli*</p>
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2016

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Thursday	Friday
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11 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Beginner's Spanish* 12:30—CENTER LUNCHEON* 12:30—Mahjong w/Ming—Chinese Tiles 7:00—Tenafly Singers NO GI GONG WITH JOHANNA TODAY NO ART STUDIO TODAY	12 10:00—Friday Tai Chi 10:00—Bridge 11:00—Beginner's WC & Drawing w/ Deirdre* 11:15—Osteoporosis Exercise w/Ulli* 12:15—Osteoporosis Exercise w/Ulli* 4:00 TO 6:00—TENAFLY PBA PICNIC FOR TENAFLY RESIDENTS 55 & OVER
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<p style="text-align: center;">*PRE-REGISTRATION REQUIRED (Call for details)</p> <p style="text-align: center;">CENTER HOURS: MONDAY THRU FRIDAY 8:30 AM TO 3:30 PM *NEW HOURS*</p>	<p style="text-align: center;">Special thanks to Janet Bazzini for proofreading our newsletter</p> 

CENTER MOVIES AT 1:30 PM

FRIDAY, AUGUST 5TH THE DARK HORSE

The Dark Horse is based on the true story of Genesis 'Gen' Potini, a Maori speed-chess champion seeking redemption and a new purpose in life despite his struggles with bipolar disorder. A former chess prodigy, Gen is brilliant and charismatic, bringing unusual, potent energy to a game most often played with quiet reserve. Upon his release from an institution, he is remanded into the custody of his older brother Ariki, the leader of a rough street gang planning the initiation of Gen's reluctant teenage nephew Mana. When Gen volunteers to coach the ragtag young members of the Eastern Knights chess club, Mana is inspired by his uncle's determination to bring hope to the children of the club and turn his troubled life around. Starring: Cliff Curtis, Wayne Hapi, James Rolleston
RATED: R 124 minutes

FRIDAY, AUGUST 26TH MY BIG FAT GREEK WEDDING 2

Still working in her parents' Greek restaurant, Toula Portokalos's daughter Paris is growing up. She is getting ready to graduate high school. Toula and Ian are experiencing marital issues. When Toula's parents find out they were never officially married, another wedding is in the works. Can this big, fat, Greek event help to bring the family together? Starring: Nia Vardalos, John Corbett
RATED: PG-13
94 minutes



SAVE THE DATE

Thursday, September 8th—Fitness Senior Style with Richard Portugal
Friday, September 9th—“Putting Life Back Into Your Life” Presentation
Monday, September 12th—Discussion/Support Group for Senior Women
Monday, September 12th—Tenafly Community Night (5 pm to 7 pm)
Thursday, September 15th—Organize, Stage & Sell! Presentation
Friday, September 16th—Medical Discussion for Seniors with Doctor Dana Correl
Friday, September 16th—Series on Fairies with Vivi
Tuesday, September 20th—“What To Eat For Healthy Bones” Presentation
Thursday, September 22nd—Monthly Center Luncheon
Thursday, September 29th—Wills, Probate & The Law with Bergen County Surrogate

TRAVEL ADVENTURES

Friday, September 30th—National 9/11 Memorial Museum

We will be visiting the National 9/11 Memorial Museum, a national tribute of remembrance and honor to the men, women and children killed in the 9/11 terror attacks. We will also be paying a visit to the 9/11 Memorial Reflecting Pools. After our visit to the museum, we will head over to Carmine’s Restaurant for a family style lunch. Cost: \$80.00 includes roundtrip transportation, admittance into museum and lunch.

Friday, October 21st—Connecticut Steam Train & Riverboat Fall Foliage Trip

Our trip will begin at the Essex Station where we will board a steam train to Deep River Landing where our trip on the Becky Thatcher Riverboat will take us for a cruise on the Connecticut River and then back on the steam train to the Essex Station. We will then depart the train station via bus to one of the oldest, continuously operated inns in the country. At The Griswold Inn, we will have a sumptuous three course lunch. Come take a relaxing train and riverboat ride and enjoy the colors of the Fall season in Connecticut! Cost: \$80.00 includes roundtrip transportation, three course lunch and steam train/riverboat ride.

Friday, December 2nd—Westchester Broadway Theater—Christmas Inn

It’s Christmas Eve in an Old New England Inn. The merriment begins when two famous entertainers who split up their act are both booked to headline the traditional holiday show at the Inn. Come get in the holiday spirit by enjoying a hilarious show filled with laughter, music and Christmas magic! The show also features an old fashioned sing along! Cost: \$75.00 includes roundtrip transportation, three course meal and show.

VOLUNTEER OPPORTUNITIES

ESL TUTORS

Please contact the Center if you would be interested in becoming an ESL tutor or if you would like more information.

LUNCHEON VOLUNTEERS

Volunteers are needed to help set up, serve and clean up after the luncheons. If you would like to lend a helping hand, please let the office know.

WHAT IDEAS DO YOU HAVE?

If you have any ideas for presentations, classes or trips, please let us know! We would love to hear what you have to say! Stop by the office to share your ideas!